



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01087, Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Report Date: July 05, 2017 03:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	89.36	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	170	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	3.96	5	0.029	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	0.25	296	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.87	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	5.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Minerals													
Calcium, Ca	mg	143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.06	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Phosphorus, P	mg	112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	59	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.45	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	2.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	1.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.194	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.376	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	µg	0.43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, RAE	µg	61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin D (D2 + D3)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2001
Lipids													
Fatty acids, total saturated	g	0.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.013	8	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.002	12	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.003	12	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.005	12	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.003	12	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.024	12	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.073	12	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.026	12	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.009	12	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.053	12	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.006	12	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.003	11	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Amino Acids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.179	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.314	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Aspartic acid	g	0.300	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Glutamic acid	g	0.829	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Glycine	g	0.084	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Proline	g	0.384	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Serine	g	0.215	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976